

THE HOLY ROSARY

HOW TO PRAY THE ROSARY

1. While holding the crucifix make the Sign of the Cross and then recite the Apostles' Creed.
2. Recite the Our Father on the first large bead, a Hail Mary on each of the three small beads.
3. Recite the Glory Be to the Father on the next large bead and the Fatima Prayer "O my Jesus".
4. Recall the first Rosary Mystery and recite the Our Father on the large bead.
5. On each of the adjacent ten small beads (also referred to as a decade) recite a Hail Mary while reflecting on the mystery.
6. On the next large bead, recite the Glory Be to the Father and the Fatima prayer.
7. Each succeeding decade is prayed in a similar manner by recalling the appropriate mystery, reciting the Our Father, ten Hail Marys, the Glory Be to the Father, and the Fatima prayer while reflecting on the mystery.
8. When the fifth mystery is completed, the Rosary is customarily concluded with the Hail Holy Queen, Concluding prayer and the Sign of the Cross.



PRAYERS OF THE ROSARY

The Sign of the Cross

In the name of the Father of the Son and of the Holy Spirit. Amen

The Apostles' Creed

I believe in God the Father Almighty, Creator of heaven and earth; I believe in Jesus Christ, His only Son, our Lord. He was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day He arose again. He ascended into heaven, and is seated at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

The Fatima Prayer

"O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those in most need of Thy Mercy". (Our Lady at Fatima, 13th July 1917)

Hail, holy Queen, Mother of Mercy, hail our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious Advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

Concluding Prayers

O God, whose only-begotten Son, by his life, death and resurrection has purchased for us the rewards of eternal salvation; grant, we beseech Thee, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

Pray for us O Holy Mother of God, *that we may be made worthy of the promises of Christ.*

The Sign of the Cross: In the name of the Father of the Son and of the Holy Spirit. Amen

Prayer for the intentions of the Holy Father to obtain a Plenary Indulgence.

Recite at the end of the Rosary (5 decades) one "Our Father", one "Hail Mary" and one "Glory Be".

The prayers for the Holy Father's intentions allows a Plenary Indulgence to be gained if : Ask for indulgence; the rosary was said in a group (two or more) anywhere, or if alone then before the Tabernacle; you made your confession eight days before or after; received Holy Communion; and are detached from sin. Detached does not mean tempted, you can be tempted but detached, i.e. prefer not to be tempted. All parts do not have to be completed on the same day. Only one Plenary Indulgence per day is possible.

ROSARY SCRIPTURE CITATIONS

With the release of his inspirational Apostolic Letter, *Rosarium Virginis Mariae* (October 16, 2002), Pope John Paul II has declared a “Year of the Rosary” from October 2002 to October 2003, and has appealed to the Christian faithful worldwide to “*confidently take up the Rosary once again*” and to “rediscover the Rosary in light of Scripture, in harmony with the Liturgy, and in the context of your daily lives. May this appeal of mine not go unheard!”(RVM, 43).

One practical suggestion offered by the Holy Father is to use scripture citations during the praying of the Rosary for a greater depth of meditation: “In order to supply a Biblical foundation and greater depth to our meditation, it is helpful to follow the announcement of the mystery with *the proclamation of a related Biblical passage*, long or short, depending on the circumstances. No other words can ever match the efficacy of the inspired word. As we listen, we are certain that this is the word of God, spoken for today and spoken ‘for me’” (RVM, 30).

In an effort to implement the practical wisdom of John Paul II, the following sets of Rosary scripture citations are offered. The first set of “Event citations” focus on the historical event of the Gospel mystery. The second set of “Meditation citations” offers further scriptural foundation for contemplating “*with Mary the face of Christ*” (RVM, 3). Either the Event citations or the Meditation citations, or both, can be used as it is fruitful for each individual. Event citations and Meditation citations are also provided for the new set of “Mysteries of Light” (RVM 21) which our Holy Father has added to the traditional sets of mysteries, in order to give the Rosary “fresh life and to enkindle renewed interest in the Rosary’s place within Christian spirituality as a true doorway to the depths of the Heart of Christ, ocean of joy and light, of suffering and of glory” (RVM, 19).

Especially amidst the grave challenges to peace “confronting the world at the start of this new Millennium” which “lead us to think that only an intervention from on high, capable of guiding the hearts of those living in situations of conflict and those governing the destinies of nations, can give reason to hope for a better future” (RVM, 40), let us respond generously to the call of Pope John Paul II by daily praying the Rosary as individuals, families, communities and nations, for “the Rosary allows us to hope that, even today, the difficult ‘battle’ for peace can be won” (RVM, 40).

Dr. Mark Miravalle
Professor of Theology and Mariology
Franciscan University of Steubenville
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Joyful Mysteries

1. *The Annunciation*

Event: "In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary." (Lk 1:26-28)

Meditation: "Behold, I am the handmaid of the Lord; let it be to me according to your word." (Lk 1:38)

2. *The Visitation*

Event: "In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb!'" (Lk 1:39-42)

Meditation: "My soul magnifies the Lord, and my spirit rejoices in God my Savior." (Lk 1:46-47)

3. *The Birth of the Lord*

Event: "When the angels went away from them into heaven, the shepherds said to one another, 'Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us.' And they went with haste, and found Mary and Joseph, and the babe lying in a manger." (Lk 2:15-16)

Meditation: "Be not afraid; for behold, I bring you good news of a great joy which will come to all the people; for to you is born this day in the city of David a Savior, who is Christ the Lord." (Lk 2:10-11)

4. *The Presentation*

Event: "And when the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord." (Lk 2:22)

Meditation: "Behold, this child is set for the fall and the rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed." (Lk 2:34-35)

5. *The Finding in the Temple*

Event: "After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers." (Lk 2:46-47)

Meditation: "How is it that you sought me? Did you not know that I must be in my Father's house?" (Lk 2:49)

Luminous Mysteries

1. *The Baptism of the Lord*

Event: "And when Jesus was baptized, he went up immediately from the water, and behold the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, 'This is my beloved Son, with whom I am well pleased.'" (Mt 3:16-17)

Meditation: "This is my beloved Son, with whom I am well pleased." (Mt 3:17)

2. *The Wedding At Cana*

Event: "On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine failed, the mother of Jesus said to him, 'They have no wine.'" (Jn 2:1-3)

Meditation: "His mother said to the servants, 'Do whatever he tells you.'" (Jn 2:5)

3. *The Proclamation of the Kingdom of God*

Event: "Jesus came into Galilee, preaching the gospel of God, and saying, 'The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel.'" (Mk 1:14-15)

Meditation: "And when Jesus saw their faith, he said to the paralytic, 'My son, your sins are forgiven.'" (Mk 2:5)

4. *The Transfiguration*

Event: "He took with him Peter and John and James, and went up on the mountain to pray. And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white. And behold, two men talked with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem." (Lk 9: 28-31)

Meditation: "This is my Son, my Chosen; listen to him." (Lk 9:35)

5. *The Institution of the Eucharist*

Event: "And he took bread, and when he had given thanks he broke it and gave it to them, saying, 'This is my body which is given for you. Do this in remembrance of me.'" (Lk 22:19)

Meditation: "Greater love has no man than this, that a man lay down his life for his friends." (Jn 15:13)

Sorrowful Mysteries

1. *The Agony in the Garden*

Event: "And they went to a place which was called Gethsemane; and he said to his disciples, 'Sit here, while I pray.' And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, 'My soul is very sorrowful, even to death.'" (Mk 14:32-34)

Meditation: "Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done." (Lk 22:42)

2. *The Scourging at the Pillar*

Event: "So Pilate, wishing to satisfy the crowd, released for them Barabbas; and having scourged Jesus, he delivered him to be crucified." (Mk 15:15)

Meditation: "With his stripes, we are healed." (Is 53:5)

3. *The Crowning with Thorns*

Event: "And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, 'Hail, King of the Jews!' and struck him with their hands." (Jn 19:2-3)

Meditation: "Here is the man!" (Jn 19:5)

4. *The Carrying of the Cross*

Event: "And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus." (Lk 23:26)

Meditation: "If any man would come after me, let him deny himself and take up his cross daily and follow me." (Lk 9:23)

5. *The Crucifixion*

Event: "And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right, and one on the left. And Jesus said, 'Father, forgive them; for they know not what they do.' And they cast lots to divide his garments." (Lk 23:33-34)

Meditation: "'Woman, behold, your son!' Then he said to the disciple, 'Behold, your mother!'" (Jn 19:26-27)

Glorious Mysteries

1. *The Resurrection*

Event: "But the angel said to the women, 'Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said.'" (Mt 28:5)

Meditation: Jesus came and stood among them and said to them, 'Peace be with you.'" (Jn 20:19)

2. *The Ascension*

Event: "So then the Lord Jesus, after he had spoken to them, was taken up into heaven, and sat down at the right hand of God." (Mk 16:19)

Meditation: "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations." (Mt 28:18-19)

3. *Pentecost*

Event: "And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit." (Acts 2:2-4)

Meditation: "When the Spirit of truth comes, he will guide you into all the truth." (Jn 16:13)

4. *The Assumption*

Event: "Then God's temple in heaven was opened, and the ark of his covenant was seen within his temple." (Rev 11:19)

Meditation: "Arise, O Lord, and go to thy resting place, thou and the ark of thy might." (Ps 132:8)

5. *The Coronation*

Event: "And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars." (Rev 12:1)

Meditation: "All generations will call me blessed; for he who is mighty has done great things for me." (Lk 1:48)